

Stress Management Challenge Tracking Sheet

Directions



Chronic stress has a negative impact on the body and mind. So each day try to write down your biggest stressor in the appropriate calendar box. This could be something specific (e.g. sitting in traffic on the way home to and from work), or it might be more broad, (e. g. my boss)—whatever is consuming most of your joy that day. Some stressors we cannot avoid, so relaxation skills are great tools to create calmness where we gain a clear headspace and a way to accept what we cannot control.



Select at least one stress-relieving technique from the list to try that day. Write down the number of techniques tried in the calendar box. Feel free to use your own strategies.



Not everyone is affected equally by stress management techniques, so try to use a variety of strategies to discover which ones are the most effective for you.



Through these exercises you can develop habits for consciously relieving stress by learning to reflect on your day and find patterns in your stressors. Taking time for yourself in life is important for managing and maintaining your health.



Remember to sleep well, eat well, socialize with loved ones, move actively, and breathe-in, through tough times!



30 Examples of Stress-Relieving Techniques

1. Take a warm bath
2. Work on a puzzle
3. Get some exercise (at least 30 minutes)
4. Enjoy some dark chocolate
5. Talk to a friend
6. Work in the garden
7. Organize a messy area
8. Spend time with a pet
9. Read a book for pleasure
10. Listen to music
11. Take a walk
12. Drink hot tea
13. Do some yoga stretches
14. Meditate
15. Eat a healthy snack
16. Take a swim
17. Watch a funny video



18. Journal your worries
19. Focus on your senses for a minute or two
20. Be alone for 10-15 minutes
21. Identify one positive thing in the day
22. Repeat a calming word or phrase over and over
23. Squeeze a stress ball
24. Draw, paint, or create
25. Take 5 deep breaths
26. Use your imagination to visualize yourself in a relaxing place
27. Turn off your cell phone
28. Try a self-massage
29. Sing along with the radio
30. Take a nap
31. Practice art: drawing, painting, etc
32. Slow down and live slow

Write your own stress relieving technique:

32. _____

30 Day Stress Management Challenge

1 Stressor:	2 Stressor:	3 Stressor:	4 Stressor:	5 Stressor:	6 Stressor:	7 Stressor:
Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:
8 Stressor:	9 Stressor:	10 Stressor:	11 Stressor:	12 Stressor:	13 Stressor:	14 Stressor:
Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:
15 Stressor:	16 Stressor:	17 Stressor:	18 Stressor:	19 Stressor:	20 Stressor:	21 Stressor:
Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:
22 Stressor:	23 Stressor:	24 Stressor:	25 Stressor:	26 Stressor:	27 Stressor:	28 Stressor:
Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:	Tip #:
29 Stressor:	30 Stressor:	<p style="color: blue; font-weight: bold;">Is there a stressor that continues to surface the most?</p> <p>_____</p> <p style="color: blue; font-weight: bold;">Reflect on this month's good and bad moments. Did you find something worth enjoying? Did you find a technique most effective?</p> <p>_____</p>				
Tip #:	Tip #:					